



# RELAXATION SCRIPT

*My breathing is slow and easy and relaxed. I inhale deeply and exhale slowly and gently...again I breath...and again...I am so relaxed and peaceful.*

*I am grateful for this special moment. I am grateful for everything.*

*I am relaxed; my breathing is relaxed. As I gently breathe in and out, I am at peace and my mind is quiet. I am relaxed.*

*The muscles in my face are relaxed. My jaw muscles are relaxed. I bite down on my teeth and then release. My face and jaws are relaxed.*

*My neck is relaxed. I turn my neck in a circle a few times, and my neck is relaxed.*

*My shoulders are relaxed. I pull back and shrug my shoulders. My shoulders are relaxed.*

*I am so very relaxed. My breathing is so gentle, natural, and relaxed.*

*My arms are relaxed. Hanging gently from my shoulders, my arms are relaxed.*

*My hands are relaxed. I squeeze my hands into fists tightly and then release the grip. My hands are relaxed.*

*I am relaxed. I breathe gently in and out, and I love the sensation. I am grateful for the gift of breath.*

*My stomach muscles are relaxed. I tighten them and then release them. My stomach is relaxed.*

*My butt muscles are relaxed. I tighten them and then release them. My buttocks are relaxed. I am relaxed.*

*My hamstrings are relaxed. I tighten them and then release them. My hamstrings are relaxed; I am relaxed.*

*My hips are relaxed. My blood flows through my hip joints, healing my joints and bringing me peace. My hips are open and relaxed.*

*My thighs are relaxed. I am relaxed.*

*My knees work perfectly. My knees are relaxed; my knees serve me.*

*I am relaxed. My breathing is relaxed, and I am at peace.*

*I am so very grateful. I love myself and everything in my life. I am love, And I am relaxed.*

*My calves are relaxed. I stretch my calves, and my calves are relaxed.*

*My ankles are relaxed. I move my ankle in circles, and my ankles are relaxed. I am relaxed.*

*I am at deep peace, and I am relaxed.*

*My feet are relaxed. My feet ground me to Mother Earth, and my feet are very relaxed. I wiggle my toes. My toes are relaxed.*

*I am relaxed and in a deep grateful space. I am one with all, one with the energy of the Universe.*

*I am all-powerful. I am love, I am peace, and I am free to create my heart's desire.*

*I am relaxed.*

*I am.*